

Statistics Report 19814, Snacks, pretzels, hard, plain, made with enriched flour, unsalted

Report Date:October 17, 2014 16:39 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.30	105	0.134	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Energy	kcal	381	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Energy	kJ	1594	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Protein	g	9.10	85	0.126	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Total lipid (fat)	g	3.50	94	0.158	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Ash	g	4.90	82	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Carbohydrate, by difference	g	79.20	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Fiber, total dietary	g	2.8	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Sugars, total	g	2.21	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2005
Minerals													
Calcium, Ca	mg	36	101	1.651	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	4.32	76	0.113	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Magnesium, Mg	mg	35	85	0.954	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phosphorus, P	mg	113	88	4.774	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Potassium, K	mg	146	104	3.832	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Sodium, Na	mg	250	0	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2013
Zinc, Zn	mg	0.85	74	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Copper, Cu	mg	0.264	68	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Manganese, Mn	mg	1.789	64	0.203	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Selenium, Se	µg	5.8	0	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	8	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.461	61	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Riboflavin	mg	0.623	62	0.066	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Niacin	mg	5.251	62	0.145	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Pantothenic acid	mg	0.288	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Vitamin B-6	mg	0.116	4	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Folate, total	µg	171	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Folic acid	µg	88	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Folate, food	µg	83	1	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Folate, DFE	µg	233	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Choline, total	mg	23.5	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Vitamin B-12	µg	0.00	1	--	--	--	--	--	--	--	Calculated or imputed	--	08/1991
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Retinol	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Vitamin A, IU	IU	0	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2003
Lycopene	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Vitamin E (alpha-tocopherol)	mg	0.35	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	0	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone)	µg	0.9	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lipids													
Fatty acids, total saturated	g	0.750	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
4:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.010	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
10:0	g	0.010	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
12:0	g	0.030	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
14:0	g	0.020	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:0	g	0.470	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:0	g	0.210	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Fatty acids, total monounsaturated	g	1.360	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
16:1 undifferentiated	g	0.020	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:1 undifferentiated	g	1.350	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
20:1	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.220	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:2 undifferentiated	g	1.150	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:3 undifferentiated	g	0.060	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
18:4	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	13	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.109	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Threonine	g	0.259	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Isoleucine	g	0.345	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Leucine	g	0.636	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Lysine	g	0.221	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Methionine	g	0.164	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Cystine	g	0.196	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Phenylalanine	g	0.453	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Tyrosine	g	0.266	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Valine	g	0.392	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.349	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Histidine	g	0.201	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Alanine	g	0.304	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Aspartic acid	g	0.415	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glutamic acid	g	3.037	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Glycine	g	0.327	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Proline	g	1.018	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Serine	g	0.447	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1991
Other													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	04/2005
Theobromine	mg	0	0	--	--	--	--	--	--	--	Assumed zero	--	04/2005